

## BEHAVIOR CHANGE TOOL

### ABSTRACT

Method for assisting a person in changing a behavior, e.g., smoking, by employing multiple steps, including e.g., having the person assess, quantitatively, the degree of readiness to change, having the person assess, quantitatively, the difficulty of changing a given behavior, having the person list benefits and obstacles involved in changing the behavior, and devising a strategy for changing the behavior, that includes positive reinforcement and self-efficacy.

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